Healthy Food Heritages Interview Questions

Hello, my name is _____________, and I’m a student at _________________. I am learning about healthy food choices from other cultures and regions. I would like to ask you a few questions about food traditions that are special to you and your family.

1. What is a traditional cultural or regional meal that you enjoy?

__________________________________________________________________________

2. Does your favorite traditional meal include vegetables? Fruits? Whole grains? Low-fat dairy? Protein foods?

__________________________________________________________________________

3. How is your favorite meal prepared?

__________________________________________________________________________

4. What is a popular vegetable dish in your culture or region? What are the ingredients?

__________________________________________________________________________

5. What are popular protein dishes in your culture or region? Do they include nuts, seeds, beans, seafood, eggs, chicken, turkey, or lean cuts of beef, pork, or lamb?

__________________________________________________________________________

6. Does your family use whole grains such as whole cornmeal, whole-wheat flour, or barley to prepare any traditional dishes?

__________________________________________________________________________

7. Are there any fruits or vegetables that are eaten widely in your culture or region?

__________________________________________________________________________

8. Is breakfast customary in your culture or region? What do you most often eat for breakfast?

__________________________________________________________________________

9. Are there foods available in your culture or region that aren’t available or common here? What do they taste like?